



Soldiers from the 2nd BCT, 25th ID, await recovery from the water to a 3-25th Avn. Bn. CH-47 Chinook during Mai Kai Leap II, an overwater training exercise, at MCBH, Aug. 9. This realistic training focused on water survivability, building unit cohesion and improving unit readiness.

Story and photos by
STAFF SGT. CARLOS DAVIS
2nd Brigade Combat Team Public Affairs
25th Infantry Division

KANEOHE BAY — Helocasting from a UH-60 Black Hawk helicopter off the coast of Hawaii sounds like the perfect scene for a big screen action movie or military recruiting video.

For Soldiers assigned to the 2nd Brigade Combat Team, it’s all about sharpening critical survival skills and building confidence.

Aug. 9, the 2nd BCT joined fellow Soldiers from the 3rd Battalion, 25th Aviation Regiment, 25th Combat Avn. Bde., 25th Infantry Division, to participate in Mai Kai Leap II, an overwater training exercise, at Marine Corps Base Hawaii, here.

“Since we operate over water every day, flying equipment or Soldiers to PTA (Pohakuloa Training Area) or some of the other islands, it is important that our crew members and passengers understand how to survive in the water in case there is an emergency,” said Lt. Col. Andy Graham, commander, 3-25th Avn.

With the focus on safety and readiness, Lightning Division Soldiers practiced helocast insertion and extraction utilizing both the CH-47 Chinook and the UH-60 Black Hawk helicopters, while overall gaining confidence in their surroundings and building cohesion across their formations.

“This is a great opportunity to build the partnership throughout the division and build one cohesive team, which is so important across the Army,” said Command Sgt. Maj. Michael Spear, senior enlisted adviser assigned to 1-14th Inf. Regt., 2nd BCT. “However, looking back at the train-up, we lost a lot of Soldiers who couldn’t swim more than 25 meters. Now, with that being said, we also conduct a lot of our training over at PTA, which causes us to fly back and forth from Oahu, so we must have our Soldiers comfortable with their surroundings, whether it’s in the water, on land or up in air, just in case anything goes wrong.”

According to Staff Sgt. Nathan Sanchez, flight medic, 3-25th Avn., even though Soldiers failed prequalifying



A Warrior Brigade Soldier is helped into a CH-47 Chinook by aviators from 3-25th CAB. The Mai Kai Leap II helocast training also used a UH-60 Black Hawk.

train-up requirements, it’s not a knock on them, because even strong swimmers panic at times in diverse situations.

“You can have a strong swimmer who swims like a fish in a bathing suit, but take that same swimmer and have them swim in their uniform and boots, and they panic and they might not be as good as they thought,” said Sanchez.

To prepare the Warrior Brigade Soldiers for the challenges of helocast training, the aviation Soldiers take an approach that uses controlled and open water areas.

“We start the Soldiers off in the pool and go through a crawl, walk and run type of training, where we have Soldiers tread water for five minutes in the pool, go over the hand and arm signals, practice climbing the ladder that we hook up on the diving platforms,” Sanchez said. “They jump from the diving platforms to simulate jumping from the aircraft.”

After Soldiers pass the pool qualifications, they repeat the swimming

requirements in the ocean (backstroke, breaststroke, freestyle and tread water for 20 minutes). Finally, the entire crew loads the life raft and swims it to shore, Sanchez said.

By going through an intensive amount of training, it allows the Soldiers to become familiar with the equipment, and it also builds confidence in everyone’s abilities.

“This is something that is exciting. This isn’t the typical type of training we conduct on a daily basis, so to have the opportunity to come out here and do this, I was all in,” said Sgt. Dino Rois, infantryman, Co. A, 1-14th Inf. Regt. “Over the past couple of weeks, we did a lot of training to get to this point, so I was just nervous about not letting them down. This was a good confidence test to improve everyone’s ability under pressure, and it’s very different compared to everything else we have done here.”

By conducting helocast training, the Lightning Division was able build unit

cohesion and improve unit readiness across its formations.



2nd BCT Soldiers leap from the back ramp of a CH-47 Chinook. Even experienced swimmers can have trouble when swimming in their uniforms and boots.

CSA Milley visits China, South Korea, Japan and Hawaii

ARMY CHIEF OF STAFF
Public Affairs
WASHINGTON — Gen. Mark A. Milley, the 39th U.S. Army Chief of Staff, is visiting the Asia-Pacific region from Monday, Aug. 15, to Tuesday, Aug. 23. While in the region, Milley will meet with his Army counterparts and other senior officials in China, Japan and the Republic of Korea.
The trip marks Milley’s third visit to the region since becoming the Army chief of staff in August 2015. He is visiting China and Japan for the first time as the chief and is making his second visit to the Republic of Korea.
In China, Milley will meet with the senior leadership of the People’s Liberation Army to discuss a range of bilateral, regional and global issues, and identify ways to deepen cooperation in areas of mutual interest, while also constructively managing differences.
Milley will then visit the PLA’s Academy of Military Science, a center for the development and teaching of doctrine, where he will exchange

views with faculty and students.
In Korea, he is scheduled to visit Soldiers in several locations on the

peninsula. While there, he will receive an update on brigade deployments, the combined U.S. and ROK 2nd Infantry



Gen. Mark A. Milley, Chief of Staff, U.S. Army, speaks during the Twilight Tattoo at Fort Myer, Va., May 25.

Division, the relocation of U.S. Army units to Camp Humphreys, and plans to deploy a Terminal High Altitude Area Defense to protect the Republic of Korea from North Korean ballistic missile threats.
Milley will continue his trip with a stop in Japan, where he will reaffirm the importance of the U.S.-Japan alliance as the cornerstone of peace and security in the Asia-Pacific region and discuss opportunities for closer collaboration between the U.S. Army and Japanese Ground Self-Defense Forces.
Milley will end his visit in Hawaii, where he will meet with U.S. Pacific Command leaders and visit Soldiers from the 8th Theater Sustainment Command and the 25th Infantry Division.

Hawaii Visit
Get more details about the Hawaii visit next week.

Photo by Staff Serg. Charles E. Burden



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Capt. Alexandra Long, commander, and Sgt. 1st Class Ricky J. West, 706th EOD Co., roll the company's guidon to be cased during the company's inactivation ceremony, Aug. 3.

'Watchdogs' bid aloha to 706th EOD Co.

Story and photos by
STAFF SGT. TARESHA HILL
8th Military Police Brigade
Public Affairs
8th Theater Sustainment Command

SCHOFIELD BARRACKS — The 303rd Explosive Ordnance Disposal Battalion, 8th Military Police "Watchdog" Brigade, 8th Theater Sustainment Command, hosted an inactivation ceremony for its 706th Ordnance Company (EOD), Aug. 3, at Hamilton Field.

It was a small and somber ceremony as Watchdog leaders, Soldiers and family members gathered together to witness the inactivation of one of their companies.

After nearly 20 years in Hawaii as the 706th Ord. Co., Capt. Alexandra Long, commander, encased the unit's guidon, signaling the end of the unit's mission.

"Today marks a sad, but bittersweet, day in history for the 706th Ord. Co. (EOD)," said Long.

With more than 70 years of military service, the 706th Ordnance Co. was first constituted as the 6th Ord. Bomb Disposal

Squad, Separate, on Jan. 30, 1943, as part of the Army Reserves. It was not until 1954, over 10 years later, that the unit was allotted to the Army's active component.

The unit has called several places home: from Aberdeen Proving Ground, Md., to Fort Bragg, N.C., to its most recent home at Fort Shafter, on March

,25, 1959. It was on June 16, 1997, that the unit was reorganized and redesignated as the 706th Ord. Co.

Throughout the unit's seven decades of military service, it has participated in several military campaigns, to include World War II, and most recently, in Overseas Contingency Operations.

As part of the U.S. Army-Pacific, the unit has participated in several critical and unique missions, to include numerous subject matter expert engagements throughout the Hawaiian Islands and partner nations. The unit has also performed the safe execution of more than 80 emergency response missions, 10 VIP missions for the Secret Service and two Humanitarian Mine Action missions.

"I could not be more proud and honored to be standing here today, having commanded such a phenomenal organization with outstanding Soldiers and leaders who dedicated and sacrificed day-in and day-out for such an incredible mission," Long said.

While the ceremony marked the end of the unit's mission, Long said it was just another chapter in the unit's extensive history.

"The 706th EOD Co. may be going away," she said. "However, the legacy of the Soldiers, leaders and families will carry on."



Soldiers from the 706th EOD Co., 303rd EOD Bn., 8th MP Bde., 8th TSC, salute the American flag one last time during the company's inactivation ceremony, held Aug. 3, here.

DKI APCSS director to depart at end of term

ASIA-PACIFIC CENTER FOR SECURITY STUDIES
News Release

HONOLULU — Retired Air Force Lt. Gen. Dan "Fig" Leaf, director of the Daniel K. Inouye Asia-Pacific Center for Security Studies (DKI APCSS), has announced that he will be departing the Center at the end of his current term in January. His last day in the office will be Oct. 31.

"I have loved my time as director," Leaf said. "I think it is important to recognize that DKI APCSS is much bigger than who is in charge, and a factor in my decision was the belief that it needs to stay fresh. The ohana is truly at the top of its game right now, and (its) an extraordinarily credible institution. That makes the time right for a transition, knowing that APCSS will continue to thrive, and that a number of high-caliber candidates will be attracted by the opportunity to lead the team."

Leaf has been the director of the Center since January 2012. While at the Center, he spearheaded the Women, Peace, Security initiative that led the Department of Defense's efforts under the Women, Peace, and Security National Action Plan.



Courtesy photo
Retired Air Force Lt. Gen. Dan Leaf, director, DKI APCSS, announces his departure to his faculty and staff, Aug. 10.

DKI APCSS is committed to fostering an inclusive security sector through engagement and executive education of security practitioners in the Asia-Pacific Region. Under his leadership, the Center has also expanded its security sector development program that focuses on good and accountable governance.

Prior to APCSS, Leaf worked in the defense industry. Formerly the deputy commander of U.S. Pacific Command, Leaf retired from the Air Force in 2008 after more than 33 years of service. A native of Shawano, Wis., he earned a BA in political science

from the University of Wisconsin-Madison and earned his commission as a distinguished graduate of the university's Air Force ROTC program in 1974.

He earned a master's degree in military art & science from the Command & General Staff College where he also served as a member of the faculty. He was a member of the Air Force Scientific Advisory Board from 2009 through 2011. Leaf was a command pilot with more than 3,600 flight hours, including F-15 and F-16 combat missions.

After Leaf's departure, retired Brig. Gen. Jim Hirai, DKI APCSS

deputy director, will be acting director until a new director is selected.

The Center
DKI APCSS is a Department of Defense institute that addresses regional and global factors impacting the Asia-Pacific security environment. Military and civilian representatives from the United States and Asia-Pacific nations participate in a comprehensive program of executive education, professional exchanges and outreach events, both in Hawaii and throughout the Asia-Pacific region.

The Center supports the U.S. Pacific Command by developing and sustaining relationships among security practitioners and national security establishments throughout the region.

DKI APCSS' mission is to build capacities and communities of interest by educating, connecting and empowering security practitioners to advance Asia-Pacific security. It is one of the Department of Defense's five regional security studies centers.

Since opening in 1995, more than 10,000 alumni representing over 122 countries and territories have attended DKI APCSS courses and workshops.

Voices of Ohana

What's the best part about being in Hawaii?

By Staff Sgt. Carlos Davis,
2nd Brigade Combat Team Public Affairs, 25th Infantry Division



"The weather and its beaches."

Spc. Mary Dimem
Health care specialist
1-27th Inf. Reg.
2nd BCT, 25th ID



"The people, the mixture of culture. There are very few places in the United States where you get to see a huge blend of people. It's really cool."

Sgt. John Martinez
Health care specialist
1-27th Inf. Reg.
2nd BCT, 25th ID



"The different hiking trails. There's not one specific place to go because there are several to choose from."

Sgt. 1st Class Fernando Serrano
Forward observer
2nd Bn., 11th FAR
2nd BCT, 25th ID



"It's paradise."

Staff Sgt. Eric Sessom
Health care specialist
1-27th Inf. Reg.
2nd BCT, 25th ID



"The weather. It's summer all year long, but the best part about being here is that I get paid to live here."

Spc. Ming-yan Wong
Health care specialist
1-27th Inf. Reg.
2nd BCT, 25th ID

Lightning Support Aegis goes live at PTA

Story and photos by
SGT. IAN IVES
25th Sustainment Brigade
25th Infantry Division Public Affairs

POHAKULOA TRAINING AREA, Hawaii — A convoy commander gave the order and the beating of rotary wings became ever louder as helicopters from the Marine Light Attack Helicopter Squadron 367 swooped in to provide close-combat attack support for Soldiers of the 25th Sustainment Brigade, 25th Infantry Division, during training exercise Lightning Support Aegis.

Lightning Support Aegis was designed to increase confidence, lethality and provide Lightning Support Soldiers with realistic combat simulations while working with Marine Corps aviation during convoy live-fire operations throughout the months of August and September.

“As a sustainment brigade, our primary role is to distribute commodities across the battlefield for the warfighter, in that we must be able to provide convoy security for our commodities as they distribute supplies across the battlespace,” said Capt. Daniel R. Dexter, Headquarters and Headquarters Company, 25th Sust. Bde., and the brigade support operations aerial delivery officer in charge. “In order to do that, we must perform training exercises like Lightning Support Aegis to become as efficient as possible.”

Lightning Support Soldiers were tasked with navigating a combat logistics convoy lane twice under simulated conditions in platoon-sized elements. The first run was performed using simulation ammunition and required Soldiers to react to real-world combat logistic scenarios: Identifying improvised explosive devices, reacting to small-arms fire, providing first-aid and calling in medical evacuation for a combat casualty. The second iteration was with live ammo and focused on identifying and destroying hostile targets.

The training was set apart from other exercises with the addition of Marine Staff Sgt. Frank Southammavong, Joint-Terminal Attack Controller (J-TAC) with 1st Battalion, 12th Marine Regiment, who brought Marine Corps aviation assets to train with the 25th Sust. Bde. for the first time on convoy live fires.

“I provide the ground commanders with a baseline knowledge of aviation support and the best ways to employ those assets that will be organic to them,” Southammavong said.

The Marines brought two AH-1W Cobras and two UH-1Y Iroquois to the fight, providing the convoy with the firepower to engage armored enemy



A USMC AH-1W Cobra flies side-by-side with a convoy from 25th Trans. Co., 524th CSSB, 25th Sust. Bde., 25th ID, as it navigates the convoy live-fire lane, Aug. 11. The convoy took place during Lightning Support Aegis, an exercise designed to build confidence in combat logistics operations to prepare the operators for the division-level exercise, Lightning Forge, later this year.

vehicles that it normally wouldn’t be able to counter. Using these aircraft gave the convoy the ability to have eyes in the sky, as well as the weapon systems to attack enemies at a greater distance.

“Exercises like this, where we can incorporate Marine Corps aircraft and Marine Corps J-TAC’s embedded in our convoy, gives us the practice to do what we

do in austere environments,” said Dexter.

For many Soldiers, working the Marines aviation was a new experience and gave them the opportunity to see how different branches of the military can support each other to accomplish a mission.

“The things that the Marine Corps aviation can do in just a little amount



Pvt. Richard Henely, 25th Trans. Co., engages a target with the M2 machine gun on the range at PTA, Aug. 9. The exercise brought Soldiers and Marines together, with Corps helicopters performing air support for the Army convoy.

of time could absolutely save our lives during a mission,” said Pvt. Richard Henely, motor transportation operator and M2 machine gun gunner, 25th Transportation Co., 524th Combat Sust. Spt. Bn., 25th Sust. Bde. “From providing machine gun cover to shooting Hydra missiles, it was an amazing experience.”

Lightning Support Aegis also brought together two services that normally do not get the opportunity to work together. By the end of the training, the Army and Marine Corps were functioning together like a well-oiled machine. Sustainment Soldiers left PTA with confidence in their abilities in combat logistics and now have a full understanding of how to utilize air assets from other branches of the military.

“Overall, the training has helped me become more confident in pulling security during combat logistics operations and successfully getting supplies safely from point A to point B,” Henely said.

The 524th CSSB cycled back to Schofield Barracks, Tuesday, and it will be passing the torch to 25th Special Troops Bn., 25th Sust. Bde. The 25th STB will begin its training rotation to Pohakuloa starting in early September.

SMA Dailey reiterates vice chief’s message for NCOs

**SERGEANT MAJOR OF THE ARMY
DANIEL A. DAILEY**
Headquarters, Department of the Army

Each and every one of you and the Soldiers you lead are valued members of the Army team. Every person is critical to unit and mission readiness and has a role to play in mission accomplishment. In the Army, every Soldier counts.

That was the message Vice Chief of Staff of the Army Gen. Daniel Allyn recently put out to the Officer Corps. I want to echo that message and emphasize that as noncommissioned officers, you are also leaders of Soldiers. It is our NCO Corps that is responsible for enhancing personnel readiness and building unit cohesion.

As a trusted and engaged leader of our most precious asset – our Soldiers and their families, you have a duty and obligation to be vigilant, to be involved to



Sgt. Maj. Daniel A. Dailey speaks at a recent engagement.

a degree that understands what stressors your Soldiers may be facing and to be empowered to take action.

History has shown that we have experienced a rise in incidents of suicide during the summer months. We need

leaders, and our Soldiers, to stay vigilant over each other as we enjoy extended leave periods and as our Soldiers transition in and out of our organizations.

We must all be able to recognize the signs and stressors before they become a crisis. We do this by strengthening and maintaining our connection with our Soldiers and their families and being engaged in their lives and together working to build a cohesive Army team.

We are a team, we are an Army and we must all be there for one another.

VCSA

Read comments from the Vice Chief of Staff of the Army at www.hawaiiarmyweekly.com/2016/07/08/suicide-prevention-awareness-is-important-during-summerpcs-season/.



3,000 voting assistance officers ready to help troops register

Only 20 percent of active duty voted in 2014

C. TODD LOPEZ
Army News Service

WASHINGTON — This being an election year, Soldiers, along with every other American, will have a crucial choice to make come Nov. 8: “Do I vote, or do I not?”

The Army doesn’t require Soldiers to vote in the presidential election. But the Army is making sure that for those Soldiers who want to take advantage of the freedom they signed up to defend, they can cast a vote from wherever they are in the world.

Rachel Gilman, who manages the Army Voting Assistance Program, oversees the more than 3,000 voting assistance officers Army-wide who are out on the front lines providing Soldiers the tools and information they need to get registered to vote, and to get a ballot for the upcoming election delivered into their hands.

“Our program really focuses on aware-

ness, assistance, providing education, and really training voters about where to go and what information they need,” Gilman said. “Voting is a very personal choice. If they decide to vote, we are there to help and assist them. We don’t force people to vote. If somebody wants to make changes on issues that are important in their hometowns and communities, that’s what we are there to provide assistance about.”

Soldiers who want to vote in November should act now, Gilman said. The way to do that is to seek out a unit voting assistance officer, whether stateside, forward-stationed overseas or deployed, and then fill out a Federal Post Card Application.

“The FPCA ... that’s your form, your go-to form,” for voting, Gilman said.

The FPCA (GSA Standard Form 76) starts the process of getting a Soldier registered to vote in his correct voting district. It also lets the election officials from the voting district know where to send the ballot. The FPCA is for any voters who need to cast a ballot when they are away from where they would normally vote.

To get the FPCA, Soldiers can down-

load it from the Federal Voting Assistance Program website at FVAP.Gov, or visit the Schofield Barracks Voting Assistance Office in the Soldier Support Center (Bldg. 750), or call installation voting assistance officer Angie Dizon at 655-5546.

“Voting is our right and our privilege, so don’t let your chance to raise your voice be wasted,” Dizon said.

Dizon can also help Soldiers determine what state, and what location within that state, is their official voting district. That information is required on the FPCA.

Soldiers can also use the FVAP website to make that determination.

“There is a great voting wizard there that can help them,” Gilman said.

Soldiers who are interested in voting this November can look on the FVAP.Gov website to determine deadlines for when they can register in their state, when they should request a ballot, and when they have to mail that ballot back to their voting official. Every state has different requirements, Gilman said, but kicking off the process now is better than waiting.

“It’s really important, especially for

overseas voters and those Soldiers who are deployed. Once they receive their ballot, it’s really important that they immediately fill it out and send it back due to the mailing time,” she said.

Gilman thinks it’s important that all participate. Preserving the right to vote, she said, is one of the reasons that Soldiers serve in the first place.

“I think it’s really important for Soldiers to vote, because it’s a freedom they defend,” Gilman said. “I think it’s an opportunity to have their voices heard. It’s important for them if they want to change issues in their communities, their hometowns, for their families. I think it’s very important that they have their voices heard.”

According to a 2014 Federal Voting Assistance Program report to Congress, in 2014, 69 percent of the active duty Army was registered to vote, compared with 65 percent of the civilian population.

When it comes to actually voting, about 20 percent of active duty Soldiers voted in the 2014 election, while 42 percent of the general population voted.

APMHE strengthens partnerships throughout Pacific

Story and photo by
WILLIAM SALLETTE
Tripler Army Medical Center Public Affairs

KUANTAN, Malaysia — The 2016 Asia Pacific Military Health Exchange (APMHE) conducted its opening ceremony, Aug. 1, here, co-hosted by Rear Adm. Brian S. Pecha, command surgeon, U.S. Pacific Command and Dr. (Lt. Gen.) Datuk Haji Abd Razak Bin Md Yosuf, director general of Health Services, Malaysian Armed Forces.

The APMHE’s goal is to share experiences and increase interoperability among military health teams.

“Joint initiatives to combat infectious disease outbreaks, to support peacekeeping operations or to provide disaster relief are becoming greater in number and are becoming more effective,” said Vice Adm. Rachel C. Bono, director of the Defense Health Agency and a keynote speaker for this event. “Military to military partnerships have grown even stronger. The strength and value of these partnerships is evident here today.”

More than 400 participants from 28 countries participated in the exchange



Dr. (Gen.) Tan Sri Dato’ Sri Haji Zulkifeli Bin Mohd Zin, chief of Defense Force, Malaysian Armed Forces, gives his keynote address at the 2016 APMHE opening ceremony, Aug. 1.

that included discussions and hands-on breakout sessions for ground, air and maritime forces. The exchange was held on Malaysian military bases and on the USNS Mercy (T-AH-19).

Command surgeons from each of the component commands, participated.

“It is not always that we’ve had the privilege to welcome so many distinguished people to our shores, and for that we are

grateful to the U.S. Pacific Command for allowing us to co-host this important exchange,” said Dr. (Gen.) Tan Sri Dato’ Sri Haji Zulkifeli Bin Mohd Zin, chief of Defense Force, Malaysian Armed Forces and a keynote speaker.

The breakout sessions addressed topics most commonly encountered in humanitarian aid/disaster relief situations and included hands-on simulations in patient movement, disease outbreak, field medical capabilities and polytrauma.

“We are advancing from the didactics of just talking about the different aspects of land warfare and medicine, and are now applying it,” said Brig. Gen. Bertram Providence, commander, Regional Health Command-Pacific. “It shows the maturing of the forces and the maturing of the capabilities in the Pacific, which is a win for everyone involved.”

“I hope that in addition to the educational opportunities offered this week, there is also the opportunity for renewing old friendships and creating new ones,” said Bono. “Our Malaysian hosts should be congratulated for this great turnout and the quality of the agenda.”

25th DIVARTY hones skills with Table XVIII training

Story and photo by
1ST LT. JAMES DYER
25th Infantry Division Public Affairs

POHAKULOA TRAINING AREA — Soldiers with the 2nd Battalion, 11th Field Artillery Regiment, 25th Division Artillery, 25th Infantry Div., recently honed their skills with a Table XVIII BN certification live-fire exercise, here.

To accomplish this mission, the 25th DIVARTY mobility team of Chief Warrant Officer 2 Derek Bartunek and Staff Sgt. David Heron worked with the 535th Airlift Squadron out of Hickam Air Force Base to load the AN/TPQ-37 Firefinder Weapon Locating System. It was the heaviest load to date to take off from Wheeler Army Airfield, according to Mike Oshansi, airfield manager, WAAF Base Operations.

This was the first time in many years that a complete AN/TPQ-37 radar was loaded on a C-17; the last time was in 2010. It is a primary indirect fire sensor that provides location data of incoming artillery and rocket fire for a variety of responders (counter fire, maneuver forces on the ground and air, and the Air Force), as stated by the Armies Counter-Rocket, Artillery, and Mortar Operations manual.

The Table XVIII live-fire exercise is an excellent opportunity for the Headquarters and Headquarters Bn. Radar Platoon to deploy and train on its fire competencies as they observe the artillery rounds being fired, according to 1st Sgt. Brian D.

Pettway, HHB, 25th DIVARTY.

The exercise consists of all 18 guns in the battalion massing their fires. They’re graded on timing and the accuracy of their fires; it’s a pre-Combat Training Center requirement by Forces Command.

In order to coordinate the move of a system as large as the Q-37 radar by air, it would normally take the work of multiple agencies over the course of a month and cost the Army around \$16,000 per flight hour. The 25th DIVARTY planned the movement in just three days, a feat that had never been completed before. Because the movement of the radar presented a great training opportunity for the Air Force, it paid for the flight as part of the training.

“It’s a great training opportunity when you can exercise a radar’s ability to rapidly deploy within 96 hours, observe rounds and then redeploy. It’s a true testament to a unit’s character, motivation and lethality,” Pettway said.

Sgt. 1st Class Andrew Stone, senior radar operator at DIVARTY, said the exercise demonstrated the unit’s ability to rapidly deploy anywhere in the Pacific region.

“The off-the-shelf plan that was built provides the 25th ID additional flexibility in the deployment of their artillery assets. This flexibility is immensely important due to the dispersed nature of the Pacific theater. The joint training and practice for



A C-17 crewmember guides the AN/TPQ-37 Firefinder Weapon Locating System into the aircraft, the heaviest load to date to take off from WAAF.

a rapid deployment added to the already lethal and effective nature of the 25th DIVARTY and the 25th Inf. Div.,” Stone said.

Deploying the radar to the Big Island by air for the first time is just one of the many things DIVARTY does daily that focuses on training readiness and being able to deploy rapidly. Since the 25th DIVARTY stood up in October 2014, it has actively participated in Pacific Pathways

15-01, Lightning Forge, Joint Readiness Training Center and multinational events across the Pacific area of responsibility.

The unit always has the focus of becoming the best DIVARTY in the Army and enabling the 25th ID to fight and win engagements from counter insurgency to near peer.

(Editor’s note: Dyer is the unit public affairs representative for the 25th DIVARTY.)

Retention directive changes NCO programs, rules, Oct. 1

ROBERT TIMMONS
Army News Service

FORT JACKSON, S.C. — Changes to Army programs that are meant to retain quality noncommissioned officers will take effect when the new fiscal year begins on Oct. 1.

Back in May, Secretary of the Army Eric Fanning signed Army Directive 2016-19 (Retaining a Quality Noncommissioned Officer Corps), instituting new policies that are meant to ensure the Army retains its best Soldiers while offering NCOs with the most potential an avenue for continued service.

The directive changes the Bar to the Continued Service Program, the NCO Career Status Program, and Retention Con-

trol Point System. The changes will be felt across the enlisted spectrum, particularly among mid-career to senior-level NCOs.

Under the Bar to Continued Service program, formerly known as the Bar to Re-enlistment Program, all enlisted ranks in the active and Reserve can receive notice that they must improve their performance or face separation from service, despite having re-enlisted indefinitely.

“The big change ... is that the (Bar to the Continued Service Program) now affects all enlisted ranks,” said Sgt. Maj. Michael Kouneski, Fort Jackson’s command career counselor. “Where previously (the program was) Bar to Re-enlistment and, if you were in the indefinite re-enlistment program, you could say, ‘The commander

can’t bar me to re-enlist because I’m already indefinite.’ Now, if a Soldier has unsatisfactory performance, the commander can bar you from continued service.”

The bar will be reviewed at periods of three and six months before separation procedures begin.

“(The reviews) are putting you on notice you are a candidate for separation under the new Bar to Continued Service,” Kouneski said.

“As a Soldier in the Army you (must) ... continue to find new ways to better yourself, because as the Army reduces in size it naturally becomes more competitive,” he explained.

Under the new directive, Soldiers who wish to re-enlist under the NCO Career

Status Program, formerly the Indefinite Re-enlistment Program, must wait until their 12th year of service to apply. The new entry point is meant to coincide with the Army’s new retirement system, which begins Jan. 1, 2018.

The directive also reduces the years senior NCOs can stay in the Army by reducing retention control point levels for sergeants first class through sergeants major.

This change, which will take place over a three-year period, is designed to cause “senior enlisted personnel to exit earlier than anticipated and to mitigate the effects on families and on the Army.”

Soldiers seeking more information on these upcoming changes should contact their unit career counselors.

Omega-3 study aims to give lieutenants a cognitive advantage

DESIREE DILLEHAY
Army News Service

FORT BENNING — Second lieutenants entering the Infantry Basic Officer Leaders Course, here, can now participate in a study that will determine if omega-3 supplementation improves cognitive processes in high-performing warfighters.

The Ranger Resilience and Improved Performance on phospholipid bound omega-3s study, conducted by the Medical University of South Carolina, is a voluntary, double-blind placebo trial that started Aug. 1 and will last until spring of 2018, said Bernadette Marriott, Ph.D., professor and director of the Nutrition Section, Division of Gastroenterology and Hepatology at MUSC.

“We’re assessing cognitive processes. Specifically, we are studying concepts such as decision-making and attention and impulsivity, and we’re doing this with computer-based cognitive tests,” said Marriott.

“We’re hoping to learn if we can improve cognitive performances under stress, because these young people, who are going through (the IBOLC) and Ranger (School), are clearly under stress



Second lieutenants assigned to the 199th Infantry Brigade’s Infantry Basic Officer Leader’s Course exit a Stryker during a field training exercise here at Fort Benning.

during specific times in their programs. We’re testing them during those times.”

The study’s protocol specifically targets the population of young Soldiers as top performing, tactical athletes, according to Capt. Jeffrey Wismann, commander of Company C, 2nd Battalion, 11th Infantry

Regiment.

“What is unique in this study is, we are testing this on what we consider some of our highest tier performers by selecting Infantry officers as the test group,” Wismann said. “And we still want to see if we see a relative increase in their perfor-

mance, specifically their cognitive performance, as a result of supplementation.”

According to Marriott, participants will first be briefed and have the opportunity to ask questions before signing up and conducting their baseline testing.

Once they are in the study, they’ll be randomized into the placebo and experimental groups and will receive their first eight-week supply of capsules. At eight weeks, they’ll check in with the MUSC team for their assessments and receive their next eight-week supply. Participants will also be assessed before and after Ranger School.

“For anyone who volunteers to be in the study, they have a 50-50 chance of being in the placebo or the experimental group. Everybody gets capsules. Some of the capsules have macadamia nut oil in them and others have krill oil in them. The krill oil is very high in omega-3s. Macadamia nut oil has no omega-3s,” said Marriott.

According to Marriott, at the end of the study, the de-identified, aggregated data will be made available to IBOLC and Ranger School officials. The results will also be published in scientific journals and made available to the volunteers.

LSV-2 departs in support of Pacific Pathways

Story and photos by
STAFF SGT. JOHN C. GARVER
8th Theater Sustainment Command
Public Affairs

FORD ISLAND — Soldiers from 3rd Brigade Combat Team, 25th Infantry Division, loaded cargo and military vehicles on board the 8th Theater Sustainment Command’s Logistic Support Vessel-2, the U.S. Army vessel CW3 Harold A. Clinger, Aug. 10, in preparation for Pacific Pathways 16-3.

Pacific Pathways 16-3 is the third iteration of the U.S. Army-Pacific concept for deploying Army enablers in the Indo-Asia Pacific area of responsibility in existing security cooperation exercises and engagements, linked together into a deliberate, sequenced operation partner.

“The LSV has a great reputation of being able to move equipment here in the Pacific,” said Warrant Officer Miguel Flores, mobility officer, 3rd BCT. “The Soldiers are loading about 70 pieces of equipment, which will take up about 8,500 square feet of the vessel.”

During Pacific Pathways 16-3, the LSV, crewed by 31 Army mariners from the 605th Transportation Detachment, 130th Engineer Bde., 8th TSC, will provide sustainment support to the 25th ID’s 3rd BCT by transporting cargo and equipment across the Pacific waters to Nagoya, Japan, for Exercise Orient Shield 16.

“These Soldiers will become familiar



Soldiers from 325th Brigade Support Battalion, 25th ID, load cargo and military vehicles aboard the 8th TSC’s LSV-2 CW3 Harold A. Clinger, Aug. 10, at Ford Island, in preparation for Pacific Pathway 16.3. The Army mariners of the ship will transport the cargo to Nagoya, Japan, for exercise Orient Shield 16.

with loading and pre-staging equipment for travel by sea, and (they will) experience what capabilities are available to them,” said Chief Warrant Officer 3 Kevin

Willis, commander, 605th Detachment.

The LSV is an enabler for the Pacific Pathway mission and an available asset to the commander of U.S. Pacific Command,

Willis explained. When the LSV arrives in Japan, the cargo and equipment will be unloaded for 3rd BCT to participate in Orient Shield. Once its mission is complete, the cargo will be loaded back on to the vessel.

“Army watercraft are a heavily used resource in moving personnel, equipment and supplies where they are needed, when they are needed, throughout the region,” said Sgt. 1st Class Tim Carman, 605th Det.

Carman said that the LSV is a unique, self-sustaining vessel with a shallow draft enabling it to dock at almost any shore. The vessel’s cargo deck is designed to hold any vehicle in the U.S. Army inventory, to include M1 Abrams main battle tanks or 82 standard containers, which is the equivalent of 17 C-17 aircraft loads.

It has both bow and stern ramps for roll-on and off operations and can also beach itself to load or discharge cargo over the shore in as little as 4 feet of water. It is one of the Pacific’s 26 Army watercraft assets providing over-the-water transportation of equipment and personnel to increase maneuverability and readiness throughout the region.

The logistical support can often be a complex and lengthy part of a Pacific Pathways deployment. While the exercise itself may only be a couple of weeks, the Army mariners can expect their role to take up to two months to deliver the equipment and return. It will take the crew approximately 20 days to arrive in Japan and can self-sustain at sea for approximately 45 days.

Inforgraphic by Army Mariners Pacific Pathways
Left, an overview of the Pacific Pathways, Orient Shield Exercise voyage.



BIOFUEL-CAPABLE POWER STATION



Courtesy graphic

SCHOFIELD BARRACKS — The Army and Hawaiian Electric Company are partnering to build a power-generating facility, here. The groundbreaking ceremony will be held Monday.



**News
BRIEFS**

Send announcements for
Soldiers and civilian
employees to news@hawaiiarmyweekly.com

Today
Statehood Day — Today is Hawaii Statehood Day. Emergency ambulance, fire, lifeguard and police services will be available. TheBus will operate on a state holiday schedule. For route and schedule information, visit www.thebus.org.
Refuse will be collected and transfer stations, convenience centers, H-POWER and the Waimanalo Gulch Sanitary Landfill will be open.
Parks, municipal golf courses, botanical gardens and the Honolulu Zoo will be open.

The Neal Blaisdell Center box office will be open from 9:30 a.m. to 8:15 p.m. for the Made in Hawai'i Festival 2016.
The People's Open Markets will not be held.
All Satellite City Halls and Driver Licensing Centers will be closed.
The following traffic and parking regulations will be in effect:
On-street parking will be free, except for the meters on Kalakaua Avenue along Queen.
Kapi'olani Park and metered parking lots.



Traffic lanes will not be coned for contraflow.

Boating — Even experienced boaters need a Vessel Safety Check. For 15 minutes that could save your life, the USCG Auxillary offers VSCs at your boat. Visit <http://cgaux.org/vsc/>.

Editor's Tip — For easier surfing, visit <http://www.HawaiiArmyWeekly.com> to click on links.

23 / Tuesday
TAMC Observance — Tripler Army Medical Center will observe Women's Equality Day, noon-1 p.m., in Kyser Auditorium.



Law School — The Office of the Judge Advocate General is now accepting applications for the Army's Funded Legal Education Program. Under this program, the Army projects sending up to 25 active duty commissioned officers to law school at government expense.
Selected officers will attend law school beginning the fall of 2017 and will remain on active duty while attending law school.
Interested officers should review Army MILPER Message 16-053 and Chapter 14, AR 27-1 (The Judge Advocate General's

Funded Legal Education Program) to determine their eligibility. This program is open to commissioned officers in the rank of second lieutenant through captain.
Applicants must have at least two, but not more than six, years of total active federal service at the time legal training begins. Eligibility is governed by statute (10 U.S.C. 2004) and is non-waivable.

Eligible officers interested in applying should immediately register for the earliest offering of the Law School Admission Test. Applicants must send their request through command channels, to include the officer's branch manager at AHRC; send the original application to the Office of the Judge Advocate General, ATTN: DAJA-PT (Ms. Yvonne Caron-Rm 2B517), 2200 Army Pentagon, Washington, D.C. 20310, to be received by Nov. 1, 2016. Submission of the application well in advance of the deadline is advised.
Call 655-8743 for further information or see today's News Briefs online at www.HawaiiArmyWeekly.com.

25 / Thursday
Flying V — Come join U.S. Army-Pacific in welcoming Maj. Gen. Charles A. Flynn incoming USARPAC deputy commanding general, at a Flying V ceremony held in his honor, 10 a.m., at historic Palm Circle, Fort Shafter. Please arrive no later than 9:30 a.m. Call 787-1697.



**TRAFFIC
REPORT**

Advisories from Army and Hawaii
Department of Transportation (HDOT)
sources. Visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm for
up-to-date advisories.

20 / Saturday
Noise Advisory — Artillery training continues at Schofield Barracks and noise may be heard by surrounding communities.
•Aug. 20-26: Lightning Academy training continues.
•Aug. 29: Mortar training
•Aug. 29 - Sept. 2: Artillery training.
•Aug. 30-Sept. 1: Demolitions training.

22 / Monday
Park Place — Fort Shafter Flats will have parking lot closures off Signal Road for drain line work. Different portions of the lot will be closed off during the various phases of the work. This first phase continues until Aug.

29, and the project should end Sept. 12.

Signal, Phase 2 — Parking lot closures off Fort Shafter's Signal Road continue as the second phase begins. Different portions of the lot will be closed off during the various phases of the work. Phase 2 will run until Aug. 29 and consists of closing the northwest entrance to



the parking lot as well as subsequent stalls.

29 / Monday
Repaving — There will be partial road clo-

sures on one lane until Sept. 22, weekdays, 7:30 a.m.-4 p.m., at Schofield Barracks' Lyman Road (between Hewitt and Carpenter) in order to repave the road. Partial closures will allow two-way traffic flow on the opposite lane. Alternate routes will be through Waianae Uka Avenue, Hewitt Street, and Kolekole Avenue.

Signal, Phase 3 — The third phase of parking lot closures off Fort Shafter's Signal Road continues as Phase 3 begins. The northeast stalls will be blocked off through Sept. 5. The project should conclude by Sept. 12.

Ongoing

Back Door — The Soldier Support Center, Bldg. 750, Schofield Barracks, must be entered from the back of the building through the lanai walkway until the end of November. due to construction and landscaping projects.

Students learn unique evasive driving skills

Story and photo by
STEPHEN STANDIFIRD
Army News Service

FORT LEONARD WOOD, Miss. — The sedan transporting a Department of the Army official makes a left turn toward the intended destination; however, something feels off about the cars parked on the sides of the road as the driver approaches a roadblock.

Shots are fired as the driver slows down to assess the situation. An unfamiliar vehicle approaches from behind as another approaches from the alley where the shots were fired. In a split-second decision, the driver decides to ram the barrier to escape the scene.

Scenarios like this one are presented to every student at the Antiterrorism Evasive Driving Course, a five-day course in the Army and Department of Defense provided, here, to students who will drive for staff officers or who will deploy to the Central Command area of responsibility.

Although the course falls under the Special Tactics Training Division, Military Police School, it is not designed for military police students, said Kevin Bates, branch chief.

“We see folks from the White House Transportation Agency, general officer drivers, colonel and promotable drivers,” Bates said. “In the last three years, a lot of the special operations community has



A student rams a road block to evade pursuing vehicles during training day five of the Antiterrorism Evasive Driving Course. Students are taught the basics of vehicle dynamics and advanced driving skills.

come through this course as well.”

(A separate training course, which can last one to three training days, is offered for general officers and their families who are set to deploy to high-risk areas.)

The staff driver course is broken down into two main areas of focus: hard skills and soft skills. The core of the hard skills is getting behind the wheel of a vehicle and driving; the soft skills include surveillance detection, conducting route surveys, conducting vehicle bomb searches and identifying drivable terrain.

“While they are in the vehicle, they are learning everything about vehicle dynamics, what the car is doing, why it’s doing it, what the limitations are and what the car’s limitations are,” Bates said.

Vehicle dynamics include steering and braking techniques, emergency lane changes, high-speed driving and driving in reverse.

“We try to get across to the students in this course that, basically, you are most vulnerable to a terrorist attack when you are in transportation mode,” Bates said.

“We want them to understand (that you should) never give up the fight when you are in transport mode. You keep fighting. ... You have to out-think, out-smart and out-drive the bad guy.”

The culmination scenario on day five of the course begins with the student entering a mock suburban area. Instructors in vehicles playing the bad guys use everything in their power to prevent the student from making it to the “safe zone,” including ramming, blocking and forcing the car into a spin.

“We are doing everything that we can, being the best bad guys we can, short of hurting or killing them,” Donofrio said. “I always tell them I’m proud to have the opportunity to teach them something that might keep them alive.”

The training scenarios are all about providing situations that compel the students to apply the skills they have learned in the course.

“You don’t know until you are in one of those situations how you are going to react or what the car is capable of,” said Navy Lt. Cdr. William Phillips, a student.

Donofrio said that students often send comments back after they have finished the course, praising the instruction they have received, here.

“Half of the people that come here said they are alive because of this course,” he said. “I know I am teaching our country’s most precious resources to stay alive.”

\$1 billion milestone reached in energy savings

DAVE FOSTER
Army News Service

WASHINGTON — The U.S. Army announced today they have surpassed the \$1 billion mark in energy savings performance and utility energy services contracts in less than five years. This is in response to President Obama’s challenge to all federal agencies to achieve a total investment of \$4 billion before the end of 2016.

The Army Materiel Command’s Anniston Army Depot awarded a utility energy service contract, valued at approximately \$20 million, to clinch the milestone. This contract will enhance the Army’s readiness efforts by allowing Anniston

to run more effective and efficient daily operations.

According to Katherine Hammack, assistant secretary of the Army for installations, energy and environment, “These contracts are important to the Army. Federal agencies like the Army can leverage their utility budgets and take the steps essential to enhancing resiliency, achieving cost savings, and improving operations and maintenance.”

Private investors use their own funds to modernize, upgrade, or implement energy and water efficiency, as well as renewable energy systems on Army installations. In return, the Army pays back the investment with some of the utility cost savings achieved from these improvements. The investors guarantee a minimum savings that meets or exceeds the required payments. At the end of the contract, the Army owns all of the improvements and benefits from the continuing savings, which it can use to meet other readiness requirements.

With the Anniston Army Depot signing, the Army has contracted for 127 individual projects, or task orders, totaling \$1.015 billion. This represents 33 percent of the federal government’s total response to the President’s challenge and 68 percent of the Department of Defense’s total efforts.

The Army has a long history of using

performance contracting that predates the President’s challenge. Since 1992, the Army has been aggressively pursuing energy savings and currently has the largest energy savings performance contracting program in federal government. The Army’s 624 individual projects or task orders represent private investment of more than \$2.5 billion.

Collectively, these energy usage improvements equate to 12.7 trillion British thermal unit energy savings annually for the Army, enough to power nearly 350,000 average U.S. households per year.

For more information, contact Dave Foster at (703) 697-5344 or paul.d.foster3.civ@mail.mil.



Families gather to enjoy the inflatable rides, treats and displays during National Night Out at Kaena Community Center. This nationwide event promotes crime prevention through community support.

National Night Out joins residents, garrison

Story and photos by
CHRISTINE CABALO
Staff Writer

SCHOFIELD BARRACKS — The laughter of children and warm lingering summer daylight lit up the mood at National Night Out hosted at Kaena Community Center, Aug. 12.

The event is part of a national program encouraging crime reduction in neighborhoods by building community partnerships with law enforcement.

The event was first held nationally in 1984 and has been supported by the Bureau of Justice Assistance under the Department of Justice. Island Palm Communities has offered the event at Schofield Barracks for the last nine years to promote community partnerships and more.

“We wanted to get involved with the residents, so they’re aware of who’s in their community and introduce them to other agencies together under one event,” said Tom Adams, director of property management.

Keiki friendly
Families were encouraged to dress up as their favorite superheroes while meeting everyday heroes of law enforcement. Representatives from the Directorate of Emergency Services, Honolulu Police Department, Federal Fire Department and the U.S. Coast Guard were at the event.

Several booths were set up so attendees could play games, pounce in the inflatable rides and visit law enforcement.

The family-friendly event also offered children a chance to interact with first-responders and learn what to do in emergencies.

“We’re hosting this event so children are not scared to talk to the police,” Adams said. “If there’s an issue, it’s OK to talk to them. This

makes children know police are there to help, getting familiar and comfortable with them.”

National Night Out also allows law enforcement to inform the public of important safety laws and programs to help curb crime. Children could also be registered in the National Child Identification Program, which helps law enforcement when children are missing.

Demonstrating safety/security
The Bike Patrol section of DES hosted a bike rodeo where they offered tips about proper bike helmet sizing and traffic laws.

“We have an obstacle course set up, trying to help them see how to control a bike,” said Sgt. Abel De La Garza, noncommissioned officer in charge, DES Bike Patrol. “We welcome children to bring their own bike or use the ones here provided by Island Palm Communities. We walk the course with them, telling them to stop and look both ways. We also show them how to ride their bikes safely and to walk their bikes through crosswalks.”

The crowd also saw a demonstration of military working dogs and how their handlers train them for police work. Adults and children watched the military police as the dogs could detain criminals with a bite or stay in place while their handler searched suspicious people.

“It’s great to showcase the dogs’ capabilities, showing that bond between the animal and a trainer,” said Staff Sgt. Hector Chamo, a military working dog handler. “Then we can show how that training can be used.”

Broad community support
Several community groups, including the American Red Cross, were also at National Night Out to talk with attendees about their volunteer efforts.

The Kolekole Girl Scouts were at their



Crowds at National Night Out play supersized Connect Four and go through other short obstacle course races.

booth with cookies and information for families to sign up or help out.

“This gives us the opportunity to coordinate with volunteers for service projects,” said Megan Giampa, a service unit manager for the Kolekole Girl Scouts. “Our military troops can get to know our organization and how the cookie proceeds can help support our community.”

Giampa said National Night Out was a great event to attend where they could talk with the community and begin registering girls for the new scouting year.

Adams said that while National Night Out attendees can learn about safety and emergency resources, he’s also hoping they take home another lesson while having summertime fun – when to recognize suspicious activity. It’s a lesson to relearn every time Soldiers permanently change stations.

“The event is about getting to know

who’s in your neighborhood,” Adams said. “We’re at the height of PCS season. So this is a good time to get to know your neighbors. Getting to know them can help reduce crime.”

National Night Out at Aliamanu Military Reservation
Families are welcome to attend National Night Out at the AMR Community Center at 182 Kauhini Road, Oct. 7. Attendees are encouraged to dress up as their favorite superheroes. Games, demonstrations, rides and more are scheduled from 4-7 p.m. Law enforcement and community volunteer groups will be available for the public to meet. For more information about upcoming Island Palm Communities events, visit www.islandpalmcommunities.com.

Spc. Jesse Waters, military policeman with the Directorate of Emergency Services Bike Patrol, shows Lukas Villatoro, 5, how to navigate the safety course. Bike Patrol personnel walked through the course with children, as well as showed them how to properly wear a bike helmet and follow other traffic laws.



Above, Staff Sgt. Hector Chamo (left) holds out a bite sleeve for military working dog Davy to attack while getting directions from military working dog handler Pfc. Cody Grosinsky, Aug. 12. The two were part of a demonstration for National Night Out at Kaena Community Center.



Briefs Today

Statehood Day — All Hawaii public schools are closed Friday.

Lei Making — Arts & Crafts helps teach you to make a beautiful lei, \$15, 1-2 p.m. at SB Arts & Crafts Center, Bldg. 572, 919 Humphreys Road. Call 655-4202.

Acing the Interview — You have worked hard on your resume to get your foot in the door for an interview, so “Dress for Success.” Prepare to answer the tough interview questions and practice with a mock interview, 10-11 a.m., SB ACS Office. Call 655-4227.

Grill Your Own Steak Night at Hale Ikena — Come to FS Hale Ikena and enjoy grilled steak made your way, 3-8 p.m., Bldg. 711, Morton Drive. Call 438-1974 or 438-6712.

So You Think You Can Rap — Come prove it at SB Tropics, 8-10:30 p.m. Freestyle your way to win a \$100 gift card, Foote Avenue, Bldg. 589. Call 655-5698.

20 / Saturday

Kayak Surfing — Experience the adrenaline rush of riding a wave while sitting down in a specially formed kayak for surfing, 8:30 a.m.-12:30 p.m. Join Outdoor Recreation for this unique experience on the south shores of Oahu. White Plains is a great learning location. ODR provides the transportation (up to 12 people), equipment and instruction. All you need to bring is water, snacks and sunscreen. Must be able to swim or tread water for at least six minutes without a personal floatation device. At 435 Ulrich Way, SB, Bldg. 2110. Call 655-0143.

Daddy Boot Camp — First-time/expecting fathers can join experienced dads in a discussion-based class that allows dads to ask questions and learn practical skills for taking care of mom and baby, 9 a.m.-noon, SB ACS. Call 655-4227 for information or to register.

Ceramic Mold Pouring — One session is \$25 and includes supplies at SB Arts & Crafts Center, Bldg. 572. Ages 17 & up recommended; for younger patrons,

SPOUSES CLUB

Hui Super Sign Up set for Aug. 30

HUI ‘O NA WAHINE
News Release
SCHOFIELD BARRACKS
— The Hui ‘O Na Wahine is proud to celebrate serving the Schofield Barracks community and surrounding areas for the past 85 years. Each August, the Hui hosts Super Sign Up to welcome back members, as well as invite new spouses to join. For the event, community agencies and organizations send representatives to participate with information tables to advertise services. This year, the event will be held Aug. 30, from 6-8 p.m., at the Leilehua Golf Course. Entrance is free. The purpose of the Hui is promoting unity and friendship while continuing in the traditions of enhancing community spirit through the coordination of revenue-producing projects to finance community needs.



Artwork courtesy of Hui ‘O Na Wahine

Hui president. “Our focus this year is community outreach and connecting the dots between those in need and those willing to serve.”

Hui Online
For more information or to register for a table, please go to the Hui website at www.schofieldspousesclub.com.

call 655-4202. Open 9 a.m.-noon, Bldg. 572, 919 Humphreys Road.

Ping Pong Tournament — Visit SB Tropics every Saturday night in August at 6 p.m. Sign-ups start at 4 p.m. Win a \$15 Exchange gift card. Call 655-5698.

Karaoke & Open Mic Night — Break the ice and sing along at SB Tropics, 7:30-10 p.m., every Saturday in August. Call 655-5698.

21 / Sunday

Hale Ikena Sunday Brunch — Join us for a Sunday brunch buffet, 10 a.m.-1 p.m., at \$24.95 per person; reservations encouraged. Breakfast is hosted at FS Hale Ikena, Bldg. 711, Morton Drive. Call 438-1974.

PS4 Tournament — Do you have game? Come out to the Tropics and prove it. Join us to play Mortal Kombat. Sign-up begins at 11 a.m.; games begin at noon. No participation fee. Winners receive \$25 for first place, \$15 for second place and a \$10 Exchange gift card for third place. Visit Tropics, Foote Avenue, Bldg. 589, SB. Call 655-5698.

22 / Monday

Million Dollar Soldier Refresher Training — This training provides Soldiers with valuable financial tools. Topics include saving, credit, investing and big purchases. Attend at SB ACS, from 8:30-11:30 a.m. & 1-4 p.m. Call 655-4227 for information or to register.

PPP-S Federal Applications for Military Spouses — This class, 10-11 a.m., SB ACS, will provide resume package support for Priority Placement Program for Spouses (PPP-S) seeking federal employment. Call 655-4227 to register.

Mongolian BBQ — Every Monday, join us at the SB Kolekole Bar & Grill for Mongolian barbecue, 5-8 p.m. Choose your own vegetables and meats for a delicious stir-fry. Call 655-4466.

23 / Tuesday

Resiliency through Art — This program focuses on self-expression through art in a small group setting. Registration is required. Every Tuesday, 9:30-11:30 a.m., SB Arts & Crafts Center, Bldg. 572, 919 Humphreys Road. Call 655-4202.

Taco Tuesdays — Every Tuesday at SB Kolekole Bar & Grill enjoy three tacos, rice and beans for \$4.99, from 5-8 p.m. Call 655-4466,

Quilting and Sewing — Join us every Tuesday for quilting and sewing, from 5-8 p.m. Cost is \$25, first class; \$6, each additional class. Ages 17 & up recommended; for younger patrons, visit SB Arts & Crafts Center, Bldg. 572, 919 Humphreys Road. Call 655-4202.

Pottery Wheel Throwing — This class includes instruction and firing up to 15 pieces during class time, 5-8 p.m. Cost is \$100 for once-a-week classes for 10 weeks. Ages 17 & up recommended. Visit

the SB Arts & Crafts Center, Bldg. 572, 919 Humphreys Road. Call 655-4202.

24 / Wednesday

ACS Play Mornings — Meet other moms and dads, share information and parenting tips, and give your infant/toddler a chance to interact with other children, 10-11 a.m., SB ACS, Bldg. 2091. Call 655-4227.

Keiki Night — Every Wednesday, 5-8 p.m., join us at the SB Kolekole Bar & Grill for Keiki (kids) Night. Kids under 10 eat for only \$2.99 from the kids’ menu. Call 655-4466.

Volcanoes in the Library — Come celebrate the 100th anniversary of the establishment of Hawaii Volcanoes National Park, 2 p.m., at SB Sgt Yano Library. We’ll be learning about the various volcanoes of Hawaii and their mythical past. We’ll also be making volcanoes. This program is geared towards school-age children and older. Register to make sure you get your spot at 655-8002.

Teen Manga Club — Whether you’re a manga/anime expert or just getting into it, all teens are welcome to join the club, 3:30 p.m., SB Sgt. Yano Library. Discuss popular manga titles, anime titles, and pushing creativity with various activities. This month’s theme will be “Simple Sewing for Cosplay.” Call 655-8002.

25 / Thursday

Mom & Tots — Join us at the SB Arts & Crafts Center for mom (or parent/guardian) mixed media crafting for \$5, from 10-11 a.m. The center is in Bldg. 572, 919 Humphreys Road. Call 655-4202.

26 / Friday

Intramural Sports Deadline — Co-ed Softball, Co-Ed Cross Country, Co-Ed Flag Football registration closes. Enroll at USAG-HI physical fitness centers Call 655-9914 or 655-0856.

Hawaii Lunch Buffet — Come to the Hale Ikena or the Kolekole Bar & Grill, 11 a.m.-1 p.m., for a Hawaiian style feast. Call 438-1974 (FS) or 655-4466 (SB).

Ladies Afternoon Tea — SB Tropics cordially invites you to join Ladies Afternoon Tea, 4-6 p.m., with a selection of teatime treats with finger sandwiches, mini muffin, mini cupcakes, cookies and warm fruits scones. Pick your choice of tea, coffee or soft drinks, \$7.50 per person. Call 655-5698.

Right Arm Night — Enjoy pupus and live music from the 25th ID Band “One Nation.” This free event is open to all ranks, DoD civilians and spouses at the SB Nehelani. Call 655-4466.



Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

Fisher House Run Signup — Registration continues for the Sept. 10, 8K Hero & Remembrance Run, Walk or Roll 2016 that begins at the Pacific Aviation Museum on Ford Island. Event information and registration is at www.eventbrite.com. Also visit Tripler Fisher House on Facebook.

Made in Hawaii Festival — Local artists, chefs and entrepreneurs share their talents and wares for three days, beginning Friday at 10 a.m. through Sunday at 5 p.m., at the Blaisdell Exhibition Hall and Arena. Admission is \$6. Visit MadeInHawaiiFestival.com.

20 / Saturday

Hiking — The SB Kolekole Trail (hiking and walking) is open to authorized patrons this weekend, 5:30 a.m.-6:30 p.m.

Family Fishing — Ho’omaluhia Botanical Garden in Kaneohe hosts this free catch and release family event, 10 a.m.-2 p.m., Saturdays and Sundays. Bring walking shoes, insect repellent, rain gear and fishing bait (fresh white bread). A limited number of bamboo poles are available to borrow on

a first-come, first-served basis. There is a 20-minute hike to the fishing area. Call for information and reservations at 233-7323.

Kuhio Beach Hula Show — This free show, sponsored by the City and County of Honolulu, showcases culturally significant hula, 6-7 p.m., Tuesdays, Thursdays and Saturdays at the Kuhio Beach Hula Mound, near the Duke Kahanamoku statue, weather permitting. Cameras are welcome and seating is available on the grass, beach chairs and mats. Call 843-8002.

21 / Sunday

Adolescent Summer School/Sports Physicals — Sunday appointments available for adolescents, ages 12-plus, and ages 4-11, Aug. 21, at TAMC Pediatrics. Schedule at Central Appointments at 433-6697.

23 / Tuesday

Women’s Equality Day — TAMC observance, noon-1 p.m., in Kyser Auditorium. Get more information about women’s equality at www.nwhp.org/.

24 / Wednesday

Community Information Exchange — Soldiers, spouses and civilians are invited to attend the next CIE, 9-10:30 a.m., at the SB Nehelani. Learn what’s happening in U.S. Army-Hawaii and ask questions of subject matter experts.

Education Fair — Numerous colleges will be on hand, 10 a.m.-2 p.m., at SB Yano Hall, Bldg. 560. Call 624-0198.

27 / Saturday

Custom Car Show — Now in its seventh year, Spocom will utilize both the Blaisdell Exhibition Hall and Arena, 5-11 p.m., in order to accommodate over 250 vehicles.

Beer Festival — One of Hawaii’s largest beer events returns, 6-10 p.m., to Hilton Hawaiian Village Waikiki Beach Resort. The Great Waikiki Beer Festival, featuring headliner Kenny Loggins and the best of local and mainland breweries, will be held on the resort’s Great Lawn.

General admission tickets are \$69.50 and include 10 four-ounce beer or wine tastings, food available for purchase and specially-priced validated parking (\$59 for military with valid I.D.).

30 / Tuesday

Hui Super Sign Up — Annual free spouse event welcomes back members and invites new membership, 6-8 p.m., Leilehua Golf Course. For more information or to register for a table, go to the Hui ‘O Na Wahine website at www.schofieldspousesclub.com.

31 / Wednesday

Expectant Moms — Military moms can meet an award winning author – Heidi Murkoff of the “What to Expect When Ex-

pecting” series, 11 a.m. to 2 p.m., Aug. 31 and Sept. 1, at the free Special Delivery Baby Shower, at historic Hickam Officers Club.

Register at uso.org/specialdelivry. Call the USO Hawaii at 422-1213 with questions about this free event.

September

4 / Sunday

Sea Life Park Keiki Sunday — Quarterly event provides two free children’s admissions (under 12) for each paying adult, 10 a.m.-2 p.m., with the theme highlighting the Hawaiian Green Sea Turtle. Call 259-2500 or visit sealifeparkhawaii.com.

Ongoing

Vehicle Registration — The City and County of Honolulu satellite vehicle registration office at Joint Base Pearl Harbor-Hickam is open for business, 9 a.m.-4:30 p.m., Tuesdays and Thursdays, at 915 North Road, Bldg. 1314, in the Club Pearl Complex.

Mystery Shopper — Soldiers, family members, retirees, civilians and others who live and work on Army Hawaii installations have the opportunity to give honest feedback on the services they receive at USAG-HI facilities. To become a “mystery customer,” call 656-0880/0881 or log onto www.usaghi.cms@us.army.mil.



The Secret Life of Pets (PG)

Fri., Aug. 19, 7 p.m.



Ghostbusters (PG-13)

Sat., Aug. 20, 4 p.m.

Mike & Dave Need Wedding Dates (R)

Sat., Aug. 20, 7 p.m.

Finding Dory (PG)

Sun., Aug. 21, 7 p.m.

(Closed Monday through Thursday)

Calendar abbreviations

8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FMWR: Family and Morale, Welfare

and Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SB: Schofield Barracks
SKIES: Schools of Knowledge,

Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield

Obama selects SecArmy for Olympics closing

MAJ. CHRISTOPHER OPHARDT
Headquarters Department of the Army
Public Affairs

WASHINGTON — As a reflection of the vast U.S. Army representation at the 2016 Olympic Summer Games, President Barack Obama named Secretary of the Army Eric Fanning to the U.S. Presidential Delegation to attend the closing ceremony in Rio de Janeiro, Brazil.

The Army has 14 Olympians along with three coaches as a part of Team USA at the 2016 Olympics and Paralympics. The Army Olympians represent multiple Army components and units, to include the U.S. Army Reserve, the U.S. Army World Class Athlete Program (WCAP), and the U.S. Army Marksmanship Unit.

In addition to the closing ceremony,



U.S. Army photo

Fanning will attend competitions Army Olympians are participating in and meet with other Soldier-athletes who have completed competition.

The American tradition of Soldier-athletes participating in the Olympics began with then 2nd Lt. George S. Patton in 1912. Army athletes have earned 104 Olympic medals in a wide variety of

events, all while maintaining a professional military career.

The U.S. delegation will be headed by Gina McCarthy, administrator of the U.S. Environmental Protection Agency and includes Liliana Ayalde, U.S. ambassador to the Federative Republic of Brazil; Bess Evans, associate director of the White House Office of Public Engagement; Lauren Kelly, deputy associate director of the White House Social Office; Jason Collins, retired NBA player & member of the President’s Council on fitness, sports, and nutrition; and Jackie Joyner-Kersey, three-time Olympic gold medalist and founder of the Jackie Joyner-Kersey Foundation.

The closing ceremony of the 2016 Summer Olympic Games will take place

Sunday evening, Aug. 21, in the Maracanã Stadium, Rio de Janeiro, Brazil. As mandated by the Olympic Charter, the formal ceremonial closing of this international sporting event includes the closing speeches, the lowering of the flags and the extinguishing of the flame.

Follow Online

You can follow Fanning as he represents the United States, President Obama, and the Army in the delegation for Rio on social media:

- Instagram: @SecArmy
- Twitter: @SecArmy
- Facebook: Secretary of the Army Eric Fanning
- Snapchat: Follow SecArmy

Army marksmen rally, narrowly miss finals in Rio

Story and photos by
TIM HIPPS
U.S. Army Installation Management Command

RIO DE JANEIRO — Sgt. 1st Class Joshua Richmond just missed making the finals with a seventh-place finish, and five-time Olympian Sgt. 1st Class Glenn Eller finished 14th in men’s double trap at the 2016 Rio Olympic Games.

Richmond missed his 12th target in a three-way shoot-off for the last spot in the finals. Eller struggled with dark, cloudy, windy and rainy conditions before finishing strong – but not quite strong enough, which left him talking about gunning for a sixth Olympics in 2020.

Richmond’s qualifying score after five rounds of shooting 30 clay pigeons was 135, tied with Hu Binyuan from China and Fehaid Aldeehani, who was born in Kuwait and competed as an independent athlete under the Olympic flag. Binyaun was eliminated after missing his seventh target in the shoot-off. Richmond missed his 12th shot. Aldeehani then blasted two more clay pigeons to advance to the final.

“This range, I’ve been to now three times, and every time I’ve come down here I’ve been in a shoot-off or missed something by one (clay pigeon), so I thought maybe this was my chance for the range to pay me back,” Richmond said. “But it just had other ideas in mind.

“It’s not what I wanted,” Richmond added, “but anytime I’m progressing on the enemy, it’s a great day. I consider this



Richmond

Sgt. 1st Class Joshua Richmond of the U.S. Army Marksmanship Unit finishes seventh in the men’s double trap shotgun shooting event, Aug. 10, at the Rio Olympic Games in Rio de Janeiro. He missed his 12th target in a three-way shoot-off for the final spot in the semifinals.

a win, for sure, and I will be back.”

Aldeehani is one of the few marksmen Richmond knows personally who has medaled in both Olympic trap and double trap shooting. Their relationship illustrates the value of international friendships developed through sports.

“Although he’s a little older than me, he’s definitely a force to be reckoned with,” said Richmond, 30, of Hillsgrove, Pa. “He’s in the Kuwait Army. He’s a good friend and very good guy. I knew it was going to take me a while to get through him if I could. I was confident that I could. Maybe I sped up just a little bit.”

Richmond hit 27 of 30 targets in his first two rounds, 23 in the third round, and finished Army strong with 29 connections in his fourth and fifth

stanzas.

“The first two rounds went off as well as planned,” Richmond said. “I’ve had a tough time this year getting started in my events and been finishing strong. In that third round, I just got a little overconfident and a little bit of anxiety started creeping up and my timing sped up between shots. That’s what ultimately took me out of (medal contention) today, but I had a hard time recognizing it. In the heat of the moment, I was just unable to grasp what the actual thing was that I changed.”

Richmond’s resilience paid dividends once he realized his needed adjustments.

He said he told himself, “I can’t get those targets back; I’m going to have to overcome that adversity and just focus on what I can control: my next two rounds.”

Richmond regrouped with his Team USA shooting coaches, including retired Army Sgt. 1st Class Todd Graves, a 25-year Army veteran and bronze medalist at the 2000 Sydney Games and a two-time U.S. Olympic shotgun team coach.

“It’s great to have him here,” Richmond said. “He was able to calm me down pretty quickly today and focus on getting us at least a chance at a medal.”

After they discussed some timing issues, Richmond took a deep breath and shot his way into finals contention.

“I started thinking to myself how many times I’ve trained for this, how many times I’ve done this the correct way, and I started feeling confidence,” Richmond said. “Positive vibes started coming back. Once I got a hold of that in the fourth round, I just caught fire. I got real hot and it felt good.”

It took much longer for Eller, the gold medalist at the 2008 Beijing Olympic Games, to feel at ease on the shooting range. He hit 48 of his last 50 targets, but the damage was already done.

Both of these Soldiers are members of the U.S. Army Marksmanship Unit at Fort Benning, Ga.

“I couldn’t ask for better progression in my game from placing 16th in London and now tied for sixth here with a shoot-off and a chance at the final,” Richmond said. “I can’t help but think it’s a positive experience here. I take away a lot of good things I’m going to work on when I get back (home) with my routine and dealing with pressure. We’re moving in the right direction, and I’m going to try everything I can to make this Tokyo team (in 2020) and certainly be a contender there.”

Chaplain says Olympic tradition of competing to win honors all

CHAPLAIN (MAJ.-P) JOHN GRAUER
Operations and Training Chaplain
Integrated Religious Support Team

The Olympic Games are now nearing completion.

I’m sure many of us watched the opening ceremonies with all grandeur displayed. And for all the talk and hype about all the things that could possibly go wrong with facilities not being ready, housing areas not being complete or athletes who have been banned at previous Olympics due to illegal drugs, my guess is that we have watched and are amazed with the athletic excellence.

Yes, all eyes have been on the nation of Brazil as they welcomed the world. Since the Modern Olympics began in 1896, these Olympic games have been held every four years in different cities throughout the world. The stadiums and venues used during the Olympics are often held in high esteem and become the focal point of the city.

It was in 2010, while stationed in South Korea, I had the opportunity to run a marathon where the finish line was located in Olympic Stadium. It was truly amazing to run a lap where some of the world’s greatest athletes participated.

According to historical records, the first ancient Olympic games can be



Footsteps in Faith

traced back to 776 B.C. when they were dedicated to the ancient gods and were staged on the fields of Olympia. Temples, shrines and the modern day equivalent of sporting facilities were constructed.

For nearly 12 centuries, this sporting event honored the Greek gods. It became a herculean effort as organizers of the games navigated religious rituals, and many other cultural identities, as people travelled to compete in sporting events.

When Emperor Theodosius ordered in 393 A.D. that all such “pagan cults” be banned, the Olympics had come to an end, and yet, they came back from the dead centuries later. So why did the Olympic games prevail?

The thrill of competition was too strong and people were driven to compete! The sense of pride of being the very best in the world and having your representative win was pushing people and countries to continue. This push was strong enough to navigate the dozens of sacred customs, religious rituals and holy days in order to make it happen.

Those same tasks of navigating cultures is still as tough now as it was then. Today the 2016 Olympics will try to accommodate a variety of religious attitudes: Christian, Islam, Buddhism, Hinduism and other beliefs that athletes from around the world place their faith in on a daily basis.

Today, chaplains from the United States Army have taken that same mission to accommodate the religious

faith, beliefs and customs of our Soldiers – Soldiers like you and I who have taken an allegiance to protect and defend our nation.

Many of our Soldiers, just like athletes at the Olympics games, believe their training honors God, though “today” most no longer hold the view that victory is a sign of favor from a deity, or that God blesses only those that “win.”

I do believe, however, that religion should inspire us to do the very best. Athletes and Soldiers all over the world still relish the desire to rise to the top in their sport. As contests like wrestling, boxing, tae kwon do, track and field, and cycling bring about the desire to compete, we also should be challenged by our faith to be the very best.

Perhaps Paul, a character from the Bible, was right. We should all run a race.

“Don’t you realize that in a race everyone runs, but only one person gets the prize? So run to win!”
— 1 Corinthians 9:24

As athletes and Soldiers this should be our push: “Run to win!” Honor your nation, your family and God, and find support in your faith.

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

AMR:	Aliamanu Chapel
FD:	Fort DeRussy Chapel

HMR:	Helemano Chapel
MPC:	Main Post Chapel, Schofield Barracks
PH:	Aloha Jewish Chapel, Pearl Harbor
SC:	Soldiers’ Chapel, Schofield Barracks
TAMC:	Tripler Army Medical Center Chapel
WAAF:	Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:

- 8:30 a.m. at AMR

-10:30 a.m. at MPC Annex

-11 a.m. at TAMC

- Monday-Friday, 11:45 a.m. at Soldiers’ Chapel and 12 p.m., TAMC

Gospel Worship

- Sunday, noon at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at Wheeler Annex

Protestant Worship

- Sunday Services
- 9 a.m. at MPC
- 9 a.m., at FD, TAMC chapel
- 10 a.m. at HMR
- 10:30 a.m. at AMR
- 11:30 a.m. at WAAF (Spanish language)
- 11 a.m. at SC (Contemporary)

Liturgical (Lutheran/Anglican)

- Sunday, 10 a.m. at WAAF

715th MI lauded for school supplies support

JAN IWASE
Daniel K. Inouye Elementary School

SCHOFIELD BARRACKS — Daniel K. Inouye Elementary School recently received a huge box of donated school supplies, thanks to the generous support from Soldiers at Alpha Company, 715th Military Intelligence Battalion, 500th MI Brigade.

The donation drive began during the summer when Sgt. Marva Tanksley came to the school office to request a school supplies wish list. She was already beginning her coordinating effort to support the schools in our area with a donation drive.

On Thursday, Aug. 11, Capt. Ben Huzzey, Staff Sgt. Daryl Niles and Tanksley delivered a huge box, filled with supplies for our students.

“We appreciate the generosity of these Soldiers,” said Vice Principal Yuuko Arikawa. “We know that buying new supplies at the beginning of the school year can be challenging

for families. It’s wonderful to see such support from our community.”

Changing needs
When families are temporarily living at the Schofield Inn, they register at Daniel K. Inouye Elementary School until they receive permanent housing. Because of changing residential circumstances, the school has a high rate of transience, and students do not always have school supplies, since they do not know how long they will be enrolled at the school. As a result, teachers keep extra supplies in their classrooms, so all students can have what they need to be successful in school.

With the help of these donations, supplies will be distributed to the classrooms for our students to use.

Mahalo, Alpha Company, 715th MI Battalion, for supporting Daniel K. Inouye Elementary School!

(Editor’s note: Iwase is the principal at DKI Elementary School.)



Photo courtesy of Daniel K. Inouye Elementary School

Members of the 715th MI (left to right) – Staff Sgt. Daryl Niles, Sgt. Marva Tanksley and Capt. Ben Huzzey (far right) – join DKI 5th graders Thalia Castillo and Carlos Ortiz as they display examples of the school supplies donated through the coordinated efforts of the unit.

REMEMBRANCE RUN

SAVE THE DATE!

FISHER HOUSE

8K HERO & REMEMBRANCE RUN, WALK OR ROLL 2016

DATE: September 10, 2016

PLACE: Starts at the Pacific Aviation Museum on Ford Island

WHEN: Starts at 0630, all participants should be on island NLT 0600 0630--0700 Official Welcome and military honors.

WHO: Open to the public & military

COST: No cost to you, they have already paid the ultimate price

CONTACT INFO: anita.f.clingerman.naf@mail.mil or 808-436-5543
theresa.m.johnson2.naf@mail.mil or 931-217-0800

FACEBOOK: Tripler Fisher House

"Traveling Bronzed Boots" will be passed on to the unit with the most participation whose "Team, to include family members" is registered online by 8 September.

Strollers, wheelchairs, small children's bikes or hand bikes only, and skates allowed. NO SKATEBOARDS, ADULT BIKES, or PETS Please.

Shirts will be available for pre-order purchase online for \$18 or \$20 at the event, limited quantities available.

Bottled water will be available, no snacks provided.

Registration Website: <http://www.eventbrite.com>

FORD ISLAND — Mark your calendars to attend this event. Also, volunteers are needed to unload 7,000 boots. Register and visit <https://www.facebook.com/triplerarmymedicalcenter> for more details.

Crisis support help is now only a text away

KATIE COPESEKEY
Volunteer Crisis Counselor

“I can’t handle it anymore, I’m ready to die.”
“My parents are fighting again, and I can’t stand listening to it.”
“I’m feeling really down and need someone to talk to.”

These are examples of how a conversation might start at the Crisis Text Line, which is the first national crisis-intervention line, available 24/7, that operates completely via text messaging.

Serving multiple issues
The Crisis Text Line covers all crisis issues: suicidal ideation, LGBTQ issues, abuse, depression, anxiety, substance abuse, eating disorders and beyond. When someone is in immediate need of crisis support, they can send a text to 741741 and a trained crisis counselor will respond.

I am just one of over 1,500 trained crisis counselors who respond to texters in pain. I began training in February 2016 with an intense 34-hour online training program that prepared me to bring texters from a hot moment to a cool calm.

The skills I have learned in training are not only crucial to crisis counseling, but also useful in my personal and professional life.

Since March, I have texted with almost 300 people. I feel immense joy in empowering texters to determine the cause of the problems they are dealing with, developing solutions and/or coping strategies, and overall, aiding them in feeling hopeful about the struggle that they are experiencing.

With my background in psychology, I have found this experience to be one of the most rewarding ways that I volunteer my time. It’s only four hours a week with the option to split into two hour blocks. Every conversation is different. I am constantly learning more about myself as well as resources that can assist texters on a long-term basis.

My motivation for writing this article is not only to spread the word about the text line, but also to ask you to volunteer, too. Being a crisis counselor in Hawaii, we have an amazing advantage due to our time zone. The late night hours are a peak time for crisis. A texter may be struggling in Philadelphia, for example, at 1 a.m., which is only 8 p.m., here. Currently, there are only a handful of crisis counselors in the entire state of Hawaii.

You can have the ability to truly change lives. Join me?

More Online
Check out the website for more information about the program: www.crisistextline.org/volunteer.

A veteran spouse navigates yard sale ‘booty’ blues

“I’ll give you 30 bucks for all of it,” the man said in a heavy Rhode Island accent, gesturing to a table heaped with vintage toys from my childhood that I’d decided to sell at a recent neighborhood yard sale.

“Are you kidding me?” I blurted, incredulously.

“No way!” I said. “I could get that much on eBay for just the Dawn Dolls. And you want my Holly Hobby sewing machine, my Sunshine Family, my Barbies, and my Bionic Woman Doll, complete with the original box and accessories, too? What ... are you nuts?”

A crowd of yard salers stopped milling about my folding tables heaped with used junk to witness our banter. As the Rhode Island con artist did his best to swindle me out of the beloved toys that I’d refused to part with through nine military moves, I realized that my inside hoarder was getting the better of me.

It’s time to give up old things, I told myself.

But my inside hoarder resisted total surrender: “Gimme \$35 at least!”

In the end, I settled for \$32 and stood back as he callously threw my precious relics into his van.

“Be careful!” I shouted pathetically. “You almost dropped the Bionic Woman’s Morse code translator!”

Reinvestment
Two hours after our yard sale had ended, my husband, Francis, and I were



headed to a Connecticut casino with a Ziplock baggie stuffed with \$276 of yard sale booty, along with tickets to the Counting Crows/Rob Thomas concert that night.

“Make it rain, baby!” I yelled from the passenger’s seat of our minivan, jingling the baggie and envisioning a wild night of prime cuts of beef, top shelf cocktails, double-or-nothing winnings and sweaty rock songs.

Mohegan Sun appeared quite suddenly in the Connecticut woods, and with our baggie securely stashed in my fanny pack, we found our way to the casino. I pictured us shouting excitedly over a crowded roulette wheel or muttering “Hit me” at a suspense-filled blackjack table, but we were lost in the indoor jungle of flashing lights, ringing bells and cigarette smoke. Overwhelmed, we found ourselves feeding bills into a lonely poker machine near the rest rooms.

After five minutes, we cashed in our whopping \$8 winnings and went to one of the many casino restaurants, where we shared a delicious stack of chicken and waffles drenched in Vermont maple syrup and sprinkled with crispy onion



Courtesy photo

Lisa Smith Molinari details her experience letting go of belongings in a post-military life yard sale, and enjoying some rest and relaxation.

straws before heading to the concert.

Rob Thomas took the stage singing recognizable tunes, such as “This is How a Heart Breaks,” “Her Diamonds” and “Someday.” We would normally leap to our feet at a concert, but we’d gotten up early for the yard sale, and we were both feeling full from dinner.

Besides, most of the crowd of 40-to-60-year-olds stayed seated, too, with the exception of a surprising number of women, whose peri-menopausal hormones were compelling them to gyrate their capri-ensconced hips quite enthusiastically. The women reached out longingly to Rob Thomas, and being a 40-something himself, he obliged with an excellent performance.

“Oh good grief,” I cringed halfway through the show, after Francis let a

belch slip by that reeked of those crispy onion straws.

“Sorry,” he confessed. “Do you have any Tums in that fanny pack?”

The next act was the one Francis had been waiting for. Back in the 90s, he played Counting Crows’ “August and Everything After” album a zillion times on our old CD player. “Time to get sweaty,” he said as lead singer Adam Duritz took the stage.

But soon it was clear that we were all getting a little too old for these late-night endeavors.

Duritz, now 52-years-old himself and endowed with an ample gut, loped around the stage as if he had suffered from joint degeneration. We felt Duritz’s pain literally and figuratively, as we shifted in our seats to ward off hip numbness.

Although Duritz displayed his true artistry on the stage that night, the middle-aged crowd was not long for this world, fighting back yawns by 10 o’clock.

“For criminy’s sake, Honey!” I winced on our way home after Francis expelled another pungent belch.

The strange combination of the day’s events had taught me that getting rid of old things in life won’t stop the sands of time. Just like Francis’ crispy onion straws, the years will just keep on repeating.

(For more of Molinari’s musings, visit www.themeatandpotatoesoflife.com.)

Army readies 1.6 million seasonal flu shots

ELLEN CROWN
Army News Service

WASHINGTON — The Army estimates it will use about 1.6 million doses of the injectable influenza vaccine (i.e., the flu shot) this upcoming flu season to keep both active duty and reserve Soldiers, civilian staff and family members healthy.

That’s more than half of the total number of doses ordered by the Department of Defense annually.

For the 2016-2017 flu season, the Army will offer injectable flu shots to Soldiers, federal civilians and beneficiaries. In accordance with effectiveness recommendations by the Centers for Disease Control and Prevention, the Army will not be offering live attenuated influenza vaccine, known as FluMist.

September ETA

The Army’s flu shot supplies are expected to arrive at military medical treatment facilities as early as September. The goal is to immunize with flu shots at least 90 percent of service members and health care professionals by Dec. 15, 2016.

While most people may worry about flu vaccines only during the fall and winter months, Miguel Rivera Jr., Army flu manager, said that, for the Army, preparing for flu season is a yearlong mission.

Each year Rivera, who is assigned to the Army Medical Materiel Agency, a subordinate organization of the Army Medical Research and Materiel Command, works with other preventive medicine experts and logisticians to estimate the number of vaccines needed for the upcoming season.



U.S. Army photo

The Army estimates it will use approximately 1.6 million doses of the injectable influenza vaccine (i.e., flu shot).

The calculation starts in February to allow the Defense Logistics Agency enough time to tally the total number of doses needed across the DoD and order supplies.

August is National Immunization Awareness Month, which is sponsored by the National Public Health Information Coalition to encourage people of all ages to make sure they are up to date on the vaccines recommended for them.

“If people do not get their flu shots by December, we still encourage them to get immunized,” said Lt. Col. Charlene L. Warren-Davis, USAMMA’s pharmacy consultant and distribution operations center director. “The flu vaccine is usually viable until June 30.”

According to the CDC, the risks of getting vaccinated are significantly lower than the benefits in most cases. Getting vaccinated also protects others who are more vulnerable to serious flu illness, such as older adults, people with chronic health conditions and young children – especially infants younger than six months old who are too young to get vaccinated.

Also vaccination has been shown to make the flu milder for individuals who do get sick, which may reduce the risk of more serious flu outcomes, such as hospitalizations.

(Editor’s note: Crown works with the Army Medical Materiel Agency Public Affairs.)

Tripler Seasonal Flu Information

For the latest Tripler updates, visit www.tamc.amedd.army.mil/flu/fightheflu.htm.



File photo

Playground Safety



It’s hard to believe that summer is almost over, and the time to send the kids back to school is once again upon us. Back to school time means it’s also time to think about safety, beginning with play.

Each year, more than 200,000 kids are treated in U.S. hospital emergency rooms for playground-associated injuries. Most of these injuries occur when a child falls from the equipment.

Take a look at the surfaces of your local playground. There should be a 12-inch depth of wood chips, mulch, sand or pea gravel. Mats made of safety-tested rubber or fiber material also make great padding to help prevent injuries.

Immunizations offer protection for all life stages

TRICARE
News Release

August is Immunization Awareness Month and a great time to find out which vaccines you and yours need to be protected at different ages and stages in life.

Immunization typically starts at birth. At 2 months old, infants start receiving a series of six primary immunizations that protect against disease.

These diseases can be spread in a variety of ways. For example, flu and other diseases spread through the air or on surfaces. Hepatitis B is spread through exposure to infectious blood or bodily fluids. Rotavirus is spread when the virus is shed by an infected person, and the virus then enters another person’s mouth. Babies frequently use their mouths to explore the world around them, so this vaccine is extremely important.

Some vaccines require multiple doses for lifelong protection. These may start in infancy and continue in later stages of childhood. Toddlers and school-age children typically get immunized again for measles, mumps, and rubella (MMR), hepatitis A and chicken pox.

Recommendations for middle-school aged and older kids include vaccines to enhance protection against tetanus, diphtheria and pertussis, and protection against meningitis and human papillomavirus (HPV), which is a leading cause of cervical and other



Courtesy of armymedicine.mil

Army officials encourage immunization research and awareness by all community members for maximizing protection against infectious diseases.

cancers.

More vaccines may be needed during adulthood based on factors like age, occupation, lifestyle, high-risk medical conditions, type and locations of travel, and previous vaccine history. For older beneficiaries, vaccines are available and recommended to protect against pneumonia and other infections, as well as shingles, a condition caused by the same chickenpox virus.

TRICARE covers, at no cost, age-appropriate doses of vaccines as recommended by the Centers for Disease Control and Prevention.

Through the expanded TRICARE pharmacy vaccine program, you may receive certain covered vaccines for

zero copayment at participating network pharmacies.

Learn More

Get more information at these sites:

- Regarding immunizations, visit the DHA Immunization Healthcare Branch at www.health.mil/vaccines.
- Visit the Rotavirus page on Health.mil.
- Review Tricare.mil.
- Call Express Scripts at 1-877-363-1303 or search for participating pharmacies online.

